

THE WHEATSHEAF INN

Starters

Bowl of marinated olives 139Kcal **£4.75** 🌿🌱

Garlic & herb flatbread 401Kcal **£5.50** add mozzarella 563Kcal **£1.50** 🌱

Soup of the moment! **£5.95** 🌿

Cartmel Valley Venison & Cranberry chipolata sausages – honey and mustard mayonnaise 319Kcal **£8.50**

Crispy salt and pepper squid, sriracha mayonnaise & lime 394Kcal **£8.75**

Mixed Endmoor Bakery breads - oil & vinegar, marinated olives, hummus 1139Kcal **£6.95** 🌿🌱

Chicken Liver Pate – onion and Cumbrian Ale jam – toast 534Kcal **£7.95**

Atlantic Prawn Cocktail - Lettuce, basil and shallot, apple, Marie Rose sauce 283Kcal **£8.50**

Mains

Fish & Chips - Cumbrian ale battered haddock, triple cooked chips, garden or mushy peas & tartare sauce
– Large with mushy peas 808Kcal or garden peas 820Kcal **£13.95**/ Small with mushy peas 494Kcal or
garden peas 525Kcal **£8.95**

Wild Mushroom Risotto, Parmesan Crisps, Pea Shoots & Truffle Oil 750Kcal **£13.95** 🌿🌱🌿

12 Hour Slow Cooked Brisket of Beef – Creamed potato, smoked bacon, mushroom & baby onion sauce
1331Kcal **£15.95** 🌿

Cumbrian Beef Burger- Carmel Valley 6oz Beef burger, charred onions, cheddar cheese, toasted brioche
bun, lettuce, tomato & dill pickle. Burger relish & triple cooked chips 1170Kcal **£15.25**

Lancashire Cheese and Onion Pie – Dewlay's tasty Lancashire cheese and Caramelised white onion, short
crust pastry - Buttered Vegetables & Creamed Potato 1290Kcal or Triple Cooked Chips 1107Kcal **£13.95** 🌱

Lakes Specialty Cumberland Sausages, creamed potato, kale, mustard gravy and onion rings 1189Kcal
£13.95

Chargrilled Cajun Chicken Breast, Rocket Salad, pickled carrot & cucumber, Skinny Fries 927Kcal **£13.95**




Please see our board for our Sunday Roasts

Sides £3.95

Skinny Fries 462Kcal - Buttered vegetables 254Kcal - Triple cooked chips 327Kcal

Adults need around 2000Kcal a day.

FOOD ALLERGIES AND INTOLERANCES. Before ordering drinks or food, please speak with a member of our staff about your requirements. Whilst we take care to preserve the integrity of our vegetarian (v) products, we must advise that these products are handled in a multi-ingredient kitchen environment. Some fish may contain small bones. All dishes are prepared in areas where allergens are present. Therefore, there is a risk that ingredients used in your meal may have accidentally come into contact with an undeclared allergen, leading to cross contamination. Cooking equipment (e.g. fryers, grills etc.) and food preparation areas may be shared and fried items containing different allergens may be cooked in the same frying oil. Please ask a team member if you would like further information. Company reg: 00170679

 - Vegetarian  - can be adapted to be Gluten Free  - can be adapted to be vegan